

SPECIAL
POINTS OF
INTEREST:

- About 50 & Wiser
- Fighting Back
- Seasonal Factoids
- Amazing Person
- Recipe
- Humor

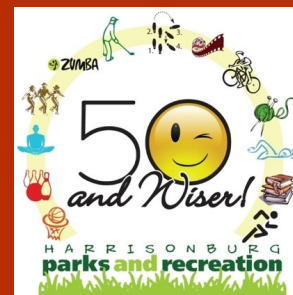
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That's All
Folks!

Wiser Living Harrisonburg

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50 & Wiser Information

Did you ever wonder why parks and recreation departments offer the programs they do? I helped students answer this question in Recreation Program Planning classes at James Madison University, and continue to ask my fellow recreation professionals, and I can tell you, the answer is not simple.

The people who plan the programs in your Activity Guide have one main purpose; to provide activities that make you happy, well, and fulfilled. In other words, we are all about quality of life (that overused phrase).

Our best source of information when planning programs is you the consumer. Please tell us what you want! We also keep offering programs that work and

have lots of people participating like the 50 & Wiser exercise programs. Sometimes we are forced to make choices based on instructor availability. This happened with the Zumba Gold program during this last year; instructor injury, then other commitments forced changes in staff, but now we are delighted to have Morina Lamb teaching this awesome class.

Another way we decide on programs is talking to our colleagues in other areas. To do this, we are members of organizations, go to conferences, and exchange activity guides. However, sometimes some program is the greatest thing since peanut butter in one place and no one signs up in another. I also strongly encourage people who have expertise in

some area and like to teach to develop a program and teach it for us. We do the advertising, provide space, and help with problems when we can. It is a great way to make a little money; you set the hours, and, to some degree, the money you make. What have you got to lose? Please contact me if you have a suggestion for a program or are interested in teaching others what you love to do for fun.

Gail Ham, 433-9168, email gail.ham@harrisonburgva.gov.



Fighting Back



Giant African Land Snails

The Florida Department of Agriculture has a battle on their hands. An invasion of Giant African Sea Snails has again begun to overtake Florida. The snails eat nearly every crop grown in Florida, happily also eat their way through concrete and drywall. If cars run over them, the sharp

Eating Our Enemies



shell fragments can pierce tires. They even carry lungworms that can infect humans, although none have been infected in the U.S. so far. In 1966, a boy brought three back from Hawaii as pets, and it took 10 years and \$1 million to eradicate them.

Here's the thing; they are available for purchase as pets. Supposedly, they have great person-

alities and are very athletic for snails. They sell snail food! They also are good to eat after cooking. See <http://www.guardian.co.uk/lifeandstyle/wordofmouth/2009/jul/03/african-land-snails-video>

<http://www.thedomesticgodless.com/snail.html>

Realistic Self Defense



Cane-fu and other self defense techniques are growing phenomena.

Fear can be a dangerous emotion. Feelings of helplessness and vulnerability can result in being unable to protect yourself. Jonathan Price, experienced Defensive Tactics instructor, has developed realistic techniques for senior self

defense that can make you not only feel more secure but actually be safer. Success is not based on strength. Realistic Senior Self Defense for Seniors will be taught at the Cecil F. Gilkerson Activities Center in two independent sessions. On

Saturday, May 11, from 9:30—11:30 am, there will be an abbreviated class (\$12 Res/\$14 Non Res). On May 14—May 30, there will be an in-depth class meeting on Tuesdays and Thursdays from 5:30 –6:30 pm (\$36 Res/\$43 Non Res).

Mayday! Mayday!

False use of a distress call in the US is a federal crime, resulting in 6 years in prison and a \$250,000 fine.

An old tradition in Edinburgh Scotland is that young women who climb Arthur's Seat on May 1st and wash their faces with morning dew will have lifelong beauty.

Beginning as Beltane, a Celtic calendar feast ushering in the start of summer, May 1st is a number of holidays, including the first day of summer, a saint's feast day, and a day for organized labor. In many countries, it is a national holiday. An English tradition is the

maypole, decorated with greenery and ribbons, a central point for festivals and the tradition of dancing the maypole and crowning the Queen of the May. As a child in Western Colorado, our family tradition was to make paper baskets filled with flowers, and leave

them on neighbor's porches, ringing the bell and running away.

The word "Mayday" said 3 times is an international distress call-sign originated in 1923 by a senior radio officer in London and derived from the French m'aider, meaning "come help me".



Arthur's Seat



Amazing People—June Wood



I am originally from Syracuse New York, and spent many years in the Rochester area. My husband and I were together almost 30 years. We worked together for the Xerox corporation, and had a rustic cabin in Canada where we spent lots of time fishing and relaxing. Those were wonderful experiences and he was the most wonderful person in the world. He died in 1994 at 52 years of age, and my life took a 180° turn. I stepped outside my

comfort zone in a big way. I had some great experiences when young. In high school, I entered the Miss America Pageant and was runner up for the Miss New York title. When I was 3, I came home from Sunday School, sat down at the piano, and played the songs we had learned. My mother searched for a teacher that didn't mind if my legs couldn't reach the pedals, and I learned very quickly. Thus began a life-long involvement in music. When I was 72, I discovered I also have a gift to write music. and have written a lot of music. In fact, I made a CD of Christian music. I think it is relaxing and inspiring. If anyone is interested,

please contact me at (540) 867-9179 or musicianfor-god@aol.com.

Beyond that, I have been privileged to help others on their journeys in a number of ways; assistant pastor at a community hospital; financial director for a hospice house; grief counselor; and asking families to consider organ and tissue donations. I received so much more than I ever gave. Now, I have the challenge of arthritis, but I keep going when I can and adapt when I can't. I would encourage everyone to go beyond your comfort zone. I want to ride in a hot air balloon! Discover your gifts! The sweetest fruit is on the end of the limb. Your gifts will wither and no one benefit from them if you don't use them.

June is the volunteer coordinator for the 50 & Wiser Thursday afternoon bowling team, where she is still touching lives. ("sometimes" Average 137)

Thought for the Day



One day a farmer's donkey fell into an abandoned well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old and the well needed to be filled in anyway, so it just wasn't worth it to him to try to retrieve the donkey. He invited all his neighbors to come over and help

him. They each grabbed a shovel and began to shovel dirt into the well. Realizing what was happening, the donkey at first cried and wailed horribly. Then, a few shovelfuls later, he quieted down completely. The farmer peered down into the well and was astounded by what he saw. With every shovelful of dirt that hit his back, the donkey was doing something amazing. He would shake it

off and take a step up on the new layer. With every shovelful, he took another step up. Pretty soon, he stepped over the edge of the well and trotted off, to the astonishment of all the neighbors!

Life is going to shovel all kinds of dirt on you. The trick is not to let it bury you, but to shake it off and take a step up.



Recipe

Baked Salmon with Tomatoes, Spinach and Mushrooms

[www. diabetes.org/food-and-fitness/](http://www.diabetes.org/food-and-fitness/)

Number of servings: 4 Prep time: 10 min. Total time: 35 min.

Ingredients

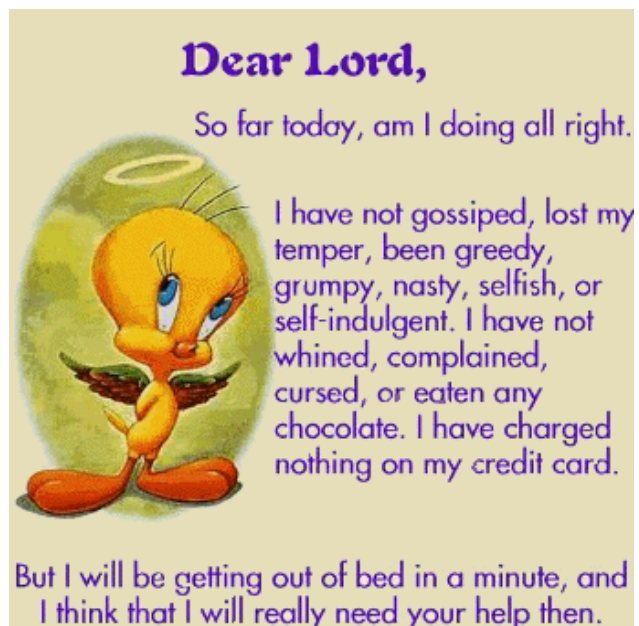
- 4 salmon fillets (1 lb)
- 2 cups chopped fresh spinach leaves
- 1 cup sliced fresh mushrooms
- 1 tomato, chopped
- 1/3 cup sun dried tomato vinaigrette dressing

Nutritional information (per serving)

230 calories
 13g total fat
 2.5g saturated fat 0g trans fat
 55 mg cholesterol 270mg sodium
 4g carbohydrates 1 g dietary fiber
 3g sugars 23g protein
 40% DV Vit A; 8% DV vit C;

Preparation

1. Heat oven to 375° F
2. Place fish fillets, skin-sides down, in 13x9-inch dish sprayed with cooking spray
3. Combine remaining ingredients; spoon over fish.
4. Bake 20 to 25 min or until fish flakes easily with fork.





Thought from Gail

This Sunday afternoon, my husband and I went for a ride to enjoy spring in the Virginia mountains. What a beautiful place we live in! With Tree Stewards approaching in the fall, I have been particularly interested in trees lately. The one thing I noticed was how much trees resemble people in one important way. The most beautiful and interesting ones are the old trees; marred by injury, twisted by storm, and with the story of a lifetime endured. The young trees were all so much the same, straight and similar to each other. People are like that. Older people are rich in memories, marred by age, and distinct and beautiful and individual. I just think that's true. Old age may be a pain and painful, but it is also beautiful.